

# Index

## A

Achlorhydria, 74, 142  
Adenylate cyclase, 191  
Adequate Intakes (AIs), *see also* Calcium AIs;  
    Fluoride, AIs; Vitamin D, AIs  
applicable population, 22  
criteria used to derive, 12-13  
defined, 4, 6, 24, 25, 48, 301, 315, 317  
derivation of, 4, 5-8, 32-33, 48-50, 317  
discrepancies between usual intakes and,  
    324  
extrapolation from other age groups, 26  
gender and, 17, 34  
increasing consumption of nutrients, 10-  
    12, 28, 323  
indicators used to set, 27, 40, 91, 261-  
    263, 298-301  
RDAs compared, 5-8, 26  
replacement of, 25  
safety factors, 8  
uncertainty in, 317  
uses, 4, 5, 11, 28, 317  
Adolescents, 9 through 18 years. *See also*  
    Puberty  
ages 9 through 13 years, 34, 41, 99-106,  
    169-173, 210-218, 268-269, 303; *see*  
    *also* Puberty  
ages 14 through 18 years, 34, 99-106,  
    169-173, 179, 180, 186-187, 210-218,  
    219, 239, 240, 241, 303

Body Mass Index, 36  
bone mass, 102, 104, 105  
bone mineral content, 100, 101-102,  
    103, 133-134  
bone mineral density, 100, 102, 103,  
    104-105  
calcium , 41, 73, 75, 87, 99-106, 143, 144,  
    215, 324, 396  
fluoride, 295, 296, 303  
indicators used to set AIs, 100-105  
indicators used to set EARs, 169-172,  
    210-212  
lactation, 133-134, 179, 180, 241  
magnesium, 194, 195, 206, 210-213, 214-  
    215, 216-219, 240, 241, 244-246, 268  
phosphorus, 154, 159, 165, 169-173, 177-  
    178, 179, 180, 184-185, 186, 187-189,  
    321  
pregnancy, 114, 177-178, 239, 240, 276  
RDAs, 172-173, 218, 219, 239  
supplements, 96-97, 215  
ULs, 141-142, 188, 244-246, 285, 310-311  
vitamin D, 262, 268-269, 276, 277, 284-  
    285, 286  
weights and heights, reference, 35-36  
Adults, 19 through 30 years  
    Body Mass Index, 36, 37  
    bone mass, peak, 34, 106-107  
    calcium, 75-76, 87, 106-109, 111, 397  
    derivation of DRIs for, 34-35

- energy expenditure, 34-35  
 fluoride, 289, 303  
 indicators used to set AIs, 107-108, 269-270  
 indicators used to set EARs, 173-174, 219-221  
 lactation, 179, 241  
 magnesium, 219-223, 239, 241, 244-246  
 phosphorus, 173-175, 177-179, 186-187, 188-189  
 RDAs, 173, 175, 179, 223, 239  
 ULs, 137-141, 186-187, 244-246, 281-283, 310-311  
 vitamin D, 269-271, 281-283  
 weights and heights, reference, 36
- Adults, 31 through 50 years**  
 calcium, 109-110, 398  
 derivation of DRIs for, 34-35  
 energy metabolism, 35  
 fluoride, 303  
 indicators used to set AIs, 109-110, 269-270  
 indicators used to set EARs, 173-174, 223-226  
 lactation, 179, 241  
 magnesium, 207, 223-228, 239, 241, 244-246  
 phosphorus, 173-175, 177-179, 186-187  
 RDAs, 175, 179, 228, 239  
 ULs, 137-141, 186-187, 244-246, 281-283, 310-311  
 vitamin D, 269-271, 281-283
- Adults, 51 through 70 years**  
 bone loss, 271-272  
 bone mineral density, 112, 113-114  
 calcium, 111-115  
 derivation of DRIs for, 35  
 energy expenditures, 35  
 fluoride, 303  
 indicators used to set EARs, 228  
 indicators used to set AIs, 111-114, 271-272  
 magnesium, 228-231, 244-246  
 phosphorus, 154, 175-176  
 RDAs, 176, 231  
 ULs, 137-141, 186-187, 244-246, 281-283, 310-311  
 vitamin D, 263, 271-272, 281-283
- Adults, +70 years**  
 bone mineral density, 116  
 calcium, 87-88, 115-117, 142
- fluoride, 303  
 fracture rates, 115-116  
 indicators used to set AIs, 115-116, 231-232, 273-274  
 magnesium, 195, 200, 201-202, 203, 204, 207, 231-234, 245  
 phosphorus, 154, 175-176, 188  
 RDAs, 176, 233-234  
 ULs, 142, 188, 244-246, 281-283, 310-311  
 vitamin D, 255, 273-274, 287
- Adverse effect**, 52, 63
- African Americans**  
 blood pressure, 89  
 bone mass, 73  
 bone mineral content, 97  
 bone fractures, 73, 90  
 calcium, 73, 80, 89, 100  
 lactose intolerance, 80  
 magnesium, 195  
 phosphorus, 149  
 puberty, 34  
 vitamin D, 260, 263, 269, 270
- Alcohol consumption and alcoholism**, 157, 191, 193, 200, 203, 204, 206, 207
- Aluminum**, 148, 157, 219, 243, 245
- American Academy of Pediatrics**, 32, 33, 295, 305
- American Dental Association**, 295, 304, 305
- Anemia**, 157
- Animal studies**  
 extrapolation of data from, 54, 57, 62-63  
 relevance of, 63, 65-66
- Anorexia**, 157, 280
- Antacids**, 139, 148, 157, 243, 245
- Asians**  
 blood pressure, 89  
 calcium, 89, 98  
 magnesium, 200  
 osteoporosis, 83, 200  
 vitamin D, 264, 266
- Atherosclerosis**, 198, 249
- Athletes**, 188, 195, 316

**B**

- Balance studies.** *See also Calcium balance studies*  
 adolescents, 169, 212, 214-215  
 adults, 228, 229, 271  
 calcium, 314  
 children, 164, 168, 211-212

- fluoride, 289, 300-301, 304  
infants, 161, 208-209  
lactating women, 17, 240-241  
magnesium, 17, 40-41, 192, 204-205, 208-209, 211-212, 214-215, 218, 219-221, 223-227, 228, 229, 231, 234, 240-241, 245, 249  
methodological considerations, 40-41, 42, 50, 88  
older adults (+70), 231  
phosphorus, 9, 40, 154, 158, 161, 164, 166-167, 168, 169, 171, 176-177  
young adults, 219-221
- Bioavailability of nutrients  
calcium, 47-48, 59, 61, 73-74, 80, 94-95  
cross-cultural differences in, 47-48  
defined, 60, 69  
factors affecting, 59, 60-62, 73-74, 151-154  
fluoride, 291  
from infant formula, 94-95  
magnesium, 193, 205, 210, 238  
phosphorus, 151-152, 153  
and risk assessment, 59, 60-62, 66  
from supplements, 62, 74  
vegetarian diets and, 80
- Bisphosphonate, 278
- Blood pressure, 199-200. *See also* Hypertension
- Body mass. *See* Lean body mass
- Body Mass Index, 36
- Bone  
biologically significant nutrients, 38-39, 288-289  
collagen by-products, 258  
malignancy, 278  
matrix proteins, 38-39  
metabolism, 41, 38-39, 71, 99-100, 120, 144, 201, 254, 257-258, 284-285  
pain, 157  
remodeling, 41, 71, 86-87, 88, 102, 114, 289
- Bone fracture  
calcium and, 6, 9, 13, 76, 83, 84-85, 90, 112-113, 115-116, 121, 123, 126-127, 144, 314-315  
fluoride and, 300  
gender differences, 90  
hip, 47-48, 76, 83, 85, 121, 127  
lactation and, 123, 126-127  
older adults, 115-116
- osteoporotic, 9, 47-48, 83, 84-85  
predictors of risk, 85  
race/ethnicity and, 73, 83, 84-85, 90  
vitamin D and, 260, 273, 274
- Bone loss  
caffeine and, 76  
calcium intakes and, 75, 76, 77-80, 82-83, 87-88, 112  
lactation and, 122  
menopausal status and, 77-80  
sodium and, 75  
vitamin D and, 271-272
- Bone mass  
adults, 86, 105, 106-107  
calcium intake and, 13, 15, 74, 85-87  
children, 85, 89  
fluoride and, 307  
and fractures, 13  
gender and, 106-107  
measurements, 9, 85-86, 89, 102, 104  
peak, 34, 86, 87, 102, 106-107, 259  
physical activity and, 74-75  
race/ethnicity and, 73  
vitamin D and, 259, 263-264, 271-272, 278
- Bone mineral content (BMC)  
and body weight, 97  
calcium, 6, 7, 9, 15, 38, 78-79, 97-98, 100, 101-102, 103, 106-107, 144  
children, 97-98  
defined, 85  
fluoride, 38, 288, 300, 307  
infants, 95  
magnesium, 38, 200  
phosphorus, 38, 68, 146, 151, 153, 161, 163, 164, 170, 189  
race/ethnicity and, 97  
vitamin D and, 38, 260, 266  
young adults, 106-107
- Bone mineral density (BMD)  
in adults, 110, 112, 113-114  
caffeine and, 76  
calcium and, 6, 9, 71, 74-76, 78-79, 80-81, 102, 103, 104-105, 110, 112, 113-114, 116, 120-121, 123, 126-129, 132, 144  
defined, 85  
lactation and, 123, 126-129, 132  
magnesium and, 200, 201  
pregnancy and, 127, 132  
research recommendations, 189

- vegetarian diets and, 80-81  
 vitamin D and, 14, 260, 261, 264, 271-272, 274  
**Boron**, 38, 39  
**Breastfeeding**. *See also Human milk; Lactation*  
 recommendation, 25, 32, 208  
 twins, 132-133  
**British Paediatric Association**, 284
- C**
- Caffeine**, 76, 144, 291, 294  
**Calcification of tissues**, 136, 180, 183, 184-185, 187, 198, 280, 281, 300, 307  
**Calcitonin**, 193  
**Calcium**  
 absorption, 72-73, 76, 77, 85, 92, 93, 94-96, 97, 100, 104, 115, 117, 120, 122, 123, 124-125, 126, 134, 135, 141, 142, 147, 154, 180, 185-186, 250, 254, 255, 275  
 accretion, 6, 7, 9, 15, 87, 92-93, 95, 97, 98, 99, 107, 111, 120  
 adolescents, 49, 71, 75, 99-106, 215  
 bioavailability, 59, 61  
 data availability, 90-91  
 estimating requirements for, 84-91; *see also Calcium AIs*  
 excretion, 72-73, 75, 76-80, 96-97, 104, 111, 120, 122, 126, 136  
 intakes, *see Calcium intakes*  
 interactions with other nutrients, *see Calcium interactions*  
 intervention studies, 97-98, 110  
 kinetic studies, 182-183  
 metabolism, 48, 73, 87, 134, 259, 261; *see also Calcium balance studies*  
 physiological role, 71  
 research recommendations, 13, 144-145  
 supplements, 45-46, 74, 77-80, 82, 86, 89, 97-98, 102, 110, 112, 114, 116, 120-121, 123, 126, 130-131, 134, 135, 137, 138, 213, 318, 324  
**Tolerable Upper Intake Levels**, *see Calcium ULs*  
 uncertainty factor, 68  
**Calcium AIs**  
 adolescents, 99-106, 118-119, 122, 133-134, 324  
 adults, middle age, 109-115, 118-119  
 balance studies, 6-7, 9, 15, 48-50, 93-94, 96-97, 98, 100-101, 107-108, 109-110, 111-115, 314-315  
 biochemical and absorption studies, 124-125  
 bone mass measurements and, 85-87  
 bone mineral content, 95, 97-98, 100, 101-102, 103, 117, 118-119, 122, 133-134  
 bone mineral density and, 110, 116, 117, 118-119, 120-121, 123, 126-131  
 calcium accretion and, 92-93, 97, 98, 99, 100, 102, 107  
 calcium retention and, 87-89, 93, 99, 100-101, 104, 105, 107-108, 109-110, 394-398  
 for children, 12, 75, 96-99, 118-119  
 chronic disease risk and, 89-90, 99  
 clinical trials, 6, 7, 48, 49, 101-102, 103, 104, 105, 119, 123  
 cross-cultural considerations, 47  
 derivation, 6-7, 41, 48-50, 96-97; *see also Calcium balance studies; Calcium retention*  
 discrepancies between usual intakes and, 324  
 epidemiological evidence, 104-105  
 factorial approach, 6, 15, 48, 49, 102, 104, 105, 108, 109, 110-111, 118-119  
 fracture risk, 84-85, 115-116, 123, 126-127  
 gender differences, 71, 75, 99-100, 104, 107, 109, 111-115, 388-389  
 human milk intake and, 92  
 indicators used to set, 9, 84-91, 91-94, 96-98, 100-105, 107-108, 109-114, 115-116, 117, 120-121, 123, 126-127, 137, 314-315  
 infants, 71, 91-96, 183  
 lactation and, 122-134  
 by life-stage group, 12, 15, 91-134, 388-389  
 older adults (70+), 12, 115-117, 118-119, 127  
 physical activity and, 74-75, 76  
 pregnancy and, 12, 15, 20, 72, 89-90, 117, 120-122, 127, 132  
 puberty and, 49, 71, 99-100  
 racial/ethnic differences, 73, 100  
 sexual maturity and, 99-100  
 special considerations, 115, 127, 132  
 young adults, 108-109, 111

- Calcium balance studies, 215, 314  
AI derivation, 6-7, 9, 15, 48-50, 93-94, 96-97, 100-101, 105, 107-108, 109-110, 111-115  
adults, middle age, 109-110, 113, 114  
bone mass measurements and, 86  
children, 96-97, 98  
infants, 92, 93-94  
methodological considerations, 40-41, 50, 88  
pregnancy, 120  
protein interaction, 75-76  
research recommendations, 144-145  
uncertainties in values from, 7, 50, 91  
young adults, 75-76, 107-108, 109
- Calcium deficiency, 182, 183  
amenorrheic women, 76  
and bone loss, 75, 76, 77-80, 82-83, 132-133  
and fractures, 6, 9, 13, 76, 83, 84-85, 90, 112-113, 115-116, 121, 123, 126-127, 314-315  
lactose intolerance and, 80  
and osteopenia, 83  
and osteoporosis, 9, 47-48, 76, 82, 83, 84-85, 113, 115  
and prostate cancer, 13
- Calcium for Preeclampsia Prevention trial, 89-90
- Calcium intakes  
and absorption of calcium, 71, 72, 97, 100  
adolescents, 105-106, 194, 324, 396  
adults, middle age, 194, 398  
bioavailability, 47-48, 73-74, 80, 92  
and bone mass, 13, 15, 74, 85-88, 106-107  
and bone mineral content, 6, 7, 15, 38, 78-79, 98  
and bone mineral density, 74, 76, 78-79, 80-81, 112  
and calcium retention, 111-112, 114  
children, 99, 136  
and colon cancer, 90  
and chronic disease risk, 89-90, 99  
cross-cultural differences, 47-48, 82  
disappearance data, 45  
experimentally derived, 7, 100-101  
food and water sources, 45, 47, 73-74, 80, 81-82, 110, 318, 324  
and fracture risk, 84-85, 90
- gender differences, 44, 81, 82, 105-106, 117, 388-389  
human milk, 91-94  
and hypertension, 89-90  
inadequate, *see* Calcium deficiency  
increasing, strategies for, 324  
lactation and, 127  
lactose intolerance and, 80  
by life-stage group, 43, 44, 81-82, 388-389  
menopausal status and, 72, 75, 76, 77-81, 112-113, 201  
older adults (+70), 117  
plateau, 87, 101, 108, 109-110, 115, 116, 394  
pregnancy and, 121-122  
quality of data, 100  
vegetarian diets and, 80-81  
young adults, 75-76, 106-107, 109, 397
- Calcium interactions, 59, 68, 152-154, 195  
boron and, 38, 39  
caffeine, 76  
chloride, 61  
dietary fiber, 135  
estrogen, 76, 77, 88, 113, 115, 126  
fluoride, 288, 289, 290, 291  
iron, 137, 140, 141, 142  
magnesium, 135, 137, 142, 191, 194, 197, 200, 201, 213, 214-215, 225, 229, 239  
parathyroid hormone, 72, 73, 75, 82-83, 117, 120, 132  
phosphorus, 61, 135, 137, 151, 152-154, 156, 158, 160-161, 174, 176, 178, 180, 181-184, 185-186  
protein, 48, 61, 75-76, 135  
sodium, 48, 61, 75, 135  
vitamin D, 14, 38, 39, 77, 83, 85, 116, 117, 122, 132, 250-253, 254, 255, 258-263, 264, 265, 273, 274, 275, 278, 281-282, 285, 286, 287  
zinc, 137, 140, 141, 142
- Calcium-regulating hormones, 181-184
- Calcium retention  
adolescents, 87, 99, 100-101, 104, 105, 117, 118-119, 396  
adults, middle age, 109-110, 111-112, 398  
AI derivation, 87-89, 93, 99, 100-101, 104, 105, 107-108, 394-398  
bone mass measurements, 85-86

- calcium intakes and, 111-112, 114  
 children, 85-86, 96-97, 99  
 desirable, 6-7, 15, 48-49, 87-88, 91, 107-108, 110, 111-112, 117, 118-119, 144, 314-315, 394-398  
 extrapolation from other age groups, 15  
 factors affecting, 49, 71, 72, 87  
 gender differences, 111-114, 118-119  
 infants, 92, 94, 96  
 methodological considerations, 41  
 older adults, 87, 115-116  
 plateau, 112, 114  
 pregnancy and, 120  
 protein and, 75-76  
 young adults, 87, 107-108, 397
- Calcium ULs**, 13, 20, 318. *See also Calcium*
- interactions
  - adults, 137-141
  - children, 136, 141-142, 143
  - critical endpoint, 137-138, 140
  - data selection, 137-138
  - derivation of, 140-141
  - dose-response assessment, 68, 137-143
  - exposure assessment, 143
  - gender differences, 135
  - hazard identification, 134-137
  - infants, 141
  - and milk-alkali syndrome, 136-137, 138, 139, 140-141
  - and nephrolithiasis (renal stones), 13, 68, 134-136, 137, 138
  - NOAEL/LOAEL**, 137-138, 140
  - older adults (70+), 142
  - pregnancy and lactation, 142
  - risk characterization, 143
  - special considerations, 142-143
  - supplements, 137-138, 143
  - uncertainty assessment, 140
- Canada**
- bone mineral content in adolescents, 170
  - dietary intake data, 43, 47, 81, 292-293
  - fluoride, 292-293, 295, 302, 305, 312
  - magnesium standards, 30
  - osteoporosis, 83
  - phosphorus standards, 31
  - reference nutrient values, 29-31
  - weights and heights, reference, 36
- Canadian Paediatric Society**, 32, 33, 295, 305
- Cancer.** *See individual sites*
- Cardiovascular diseases**, 9, 144
- fluoride and, 300, 310
  - magnesium and, 14, 191, 197-200, 203, 204, 207, 222, 243, 247
  - vitamin D and, 281
- Caucasians**
- blood pressure, 89
  - bone fracture in, 73, 90
  - bone mineral content, 97
  - calcium, 89, 97
  - lactose intolerance, 80
  - magnesium, 195, 199
  - osteoporosis, 83
  - phosphorus, 149
  - vitamin D, 260, 263, 270, 272
- Children, ages 4 through 8 years.** *See also*
- Life-stage groups; Toddlers
  - balance studies, 164, 168, 211-212
  - blood pressure, 89
  - bone mass, 85-86, 88
  - bone mineral accretion, 14, 88, 89, 97-98
  - calcium, 14, 46, 73, 74, 75, 82, 85-86, 88, 89, 96-99, 136, 141-142, 143, 144
  - chronic illness, 99
  - derivation of DRIs for, 34, 37
  - fluoride, 289, 290, 291-292, 293, 294-296, 298-299, 301, 303, 304, 305, 306, 308-309, 311-312
  - growth spurts, 14
  - indicators used to set AIs, 96-98, 266-267
  - indicators used to set EARs, 166-168, 210-212
  - magnesium, 14, 30, 41, 46, 196, 205-206, 210-212, 213, 216, 246, 247-248
  - phosphorus, 14, 30, 31, 46, 149, 156, 158-159, 164, 166-169, 186, 187
  - physical exercise, 74
  - sodium, 75
  - supplements, 46, 82
  - vitamin D, 14, 46, 257-258, 259, 260, 262-263, 266-268, 284-285
  - weights and heights, reference, 35-36, 37
- Cholecalciferol**, 250, 251, 252, 255, 256, 259, 271
- Chromium**, 66
- Chronic disease.** *See also specific diseases*
- risk reduction as indicator of nutrient adequacy, 8, 40
- Collagen cross-linking**, 38, 75-76
- Colon cancer**, 90, 258
- Constipation**, 136

- Continuing Survey of Food Intakes by Individuals, 42, 43, 387
- calcium intakes, 81, 109, 115, 117, 121-122, 127, 143, 388-389
- magnesium intakes, 195, 216, 217-218, 219, 222, 227, 230-231, 238, 239, 241-242, 392-393
- phosphorus intakes, 154, 163, 166, 168, 172, 174-176, 177-178, 184, 188-189, 321, 390-391
- Copper, 38, 59, 180-181, 189
- Coronary artery disease, 247
- Critical endpoint
- calcium, 137-138, 140
  - defined, 66
  - fluoride, 308-309
  - magnesium, 244-245
  - phosphorus, 186-187
  - vitamin D, 68, 281-282, 283-284
- Cross-cultural differences. *See* Race/ethnicity
- ## D
- Dairy products
- calcium, 47, 73, 74, 80, 81-82, 89, 110, 143
  - fortified, 256, 261-262
  - lactose intolerance, 80
  - magnesium, 200
  - phosphorus, 156
  - vitamin D, 268, 269
- Data and database issues
- availability of data, 68, 167, 169, 175
  - critical data set, 66
  - for dose-response assessment, 281, 283
  - for hazard identification, 62-63
  - human studies, 62, 65
  - magnesium, 244
  - phosphorus, 68, 167, 169, 175
  - quality and completeness of, 64
  - selection for dose-response assessment, 65-66, 244
  - uncertainties in, 54, 58
  - vitamin D, 281, 283
- Dental caries, 8, 19, 288-289, 290, 291, 297-300, 301, 302, 313
- Dental products, fluoride in, 45, 291, 295-296, 300, 311-312, 318
- Diabetes mellitus
- calcium and, 99
- magnesium and, 14, 191, 200, 201-202, 203, 204, 207, 239-240
- phosphorus and, 157
- Diarrhea, 157, 242, 243, 244-245, 318
- Diet and Health* report, 8, 40, 63
- Dietary fiber, 127, 192, 193, 199, 219, 221, 223, 224, 226, 229
- Dietary intakes. *See also* Supplements; specific nutrients
- adjustment of, 319-323
  - and bioavailability, 61
  - breast-fed infants, 93-94
  - cross-cultural differences, 47-48
  - disappearance data, 45, 155
  - fluoride, 291-296, 301, 308-309
  - food composition databases, 42-43, 262
  - form of, 62, 63 n.1
  - gender differences, 387-393
  - self-reported, 42, 43, 81, 319
  - sources of data, 43-44
  - uses of data, 47
- Dietary Reference Intakes (DRIs)
- applicable population, 22
  - assessment applications, 10, 11, 21, 314, 316-317, 319-322
  - categories; 2-5, 6, 23-27; *see also*
  - Adequate Intakes; Estimated Average Requirements; Recommended Dietary Allowance; Tolerable Upper Intake Levels
  - country reference values compared, 28-31
  - criteria for, 9-10, 21-22, 38
  - defined, 21-22, 37
  - dietary intakes compared, 43
  - extrapolation from other age groups, 33
  - framework, 378-379
  - generalizability to other populations, 2, 47
  - group applications, 11, 317, 319-323
  - individuals applications, 11, 315-317
  - international application, 2, 10
  - by national and federal agencies, 323
  - origin, 375-376
  - parameters for, 31-37; *see also* Life-stage groups; Reference weights and heights
  - planning applications, 11, 21, 314, 322-323
  - rationale for, 376-378
  - sources of data, 9-10, 39-40; *see also* Methodological considerations

- uses, 10, 11, 21, 27-28, 47, 314-317, 319-323  
 WHO/FAO/IAEA approach compared, 22
- 1,25-Dihydroxyvitamin D, 260  
 biologic role, 250-253, 255  
 calcium regulation, 38, 77, 117, 120, 122-123, 132, 250  
 and granulomatous diseases, 255, 285  
 half-life, 254  
 and hypercalcemia, 255  
 and hypercalciuria, 255  
 and hypervitaminosis D, 278  
 and hypovitaminosis D, 258, 268  
 as indicator of vitamin D status, 260  
 lactation and, 122-123, 132  
 magnesium and, 192, 197  
 metabolism, 251, 254-255  
 phosphorus and, 38, 147-148, 151, 176, 181, 250, 254  
 pregnancy and, 117, 120, 276  
 puberty and, 268, 269, 286
- 24,25-Dihydroxyvitamin D, 254
- Diuretics, 142, 193, 198
- Dose-response assessment  
 adolescents, 187-188, 244-246, 310-311  
 adults, 137-141, 186-187, 281-282, 310-311  
 calcium, 68, 137-143  
 children, 187, 284-285, 308-309  
 components and process, 55, 57, 65-69  
 critical endpoint, 66, 137-138, 140, 186-187, 244-245, 308-309  
 data selection, 65-66, 137-138, 244, 281, 283, 308, 309, 310  
 derivation of UL, 68, 282-283, 309, 310-311  
 fluoride, 68, 308-311  
 infants, 187, 283-284, 308-309  
 lactation, 188, 285, 311  
 magnesium, 68, 244-247  
 NOAEL/LOAEL identification, 66, 137-138, 140, 186-187, 244-245, 281-282, 283-284, 308-309, 310  
 older adults, 188  
 phosphorus, 68, 186-187  
 pregnancy, 188, 285, 311  
 special considerations, 68-69, 285  
 toddlers, 187, 308-309  
 uncertainty assessment, 66-68, 187, 245, 282, 284, 309, 310  
 vitamin D, 68, 281-285
- Drinking water  
 calcium in, 198  
 fluoride in, 45, 291-292, 293, 295, 297-300, 301, 305, 307, 308, 310, 312-313, 318  
 magnesium in, 196, 198, 205
- Dual-energy x-ray absorptiometry, 9, 85, 89, 97, 102, 104, 164
- E**
- Early childhood. *See* Children, ages 4 through 8 years
- Education of consumers, 10, 28, 323
- Elderly people. *See* Adults, +70 years
- Enamel fluorosis, 298-299, 300-302, 305-307, 308-309, 311-313, 318
- End-stage renal disease, 151, 184-185, 186
- Energy metabolism, 9, 12, 20, 23, 24, 28, 29, 34-35, 190, 205, 212, 316
- Environmental exposures to dietary agents, 53, 58
- Ergocalciferol, 250, 257, 259
- Estimated Average Requirements (EARs).  
*See also individual nutrients*  
 coefficient of variation, 3, 322-323  
 country comparisons, 29  
 defined, 2-3, 6, 23, 24, 315  
 derivation of, 3, 13, 40  
 indicators used to set, 27, 158-159, 164-166  
 and RDA, 3-4, 23-25, 26  
 standard deviation, 3  
 uses, 3, 10, 11, 23, 24, 25, 319-323
- Estrogen  
 and calcium, 76, 77-80, 88, 109-110, 115, 126  
 and magnesium, 201
- Ethnic background. *See* Race/ethnicity
- Exposure  
 duration of, 64  
 route of, 63, 66
- Exposure assessment  
 calcium, 143  
 fluoride, 311-312  
 magnesium, 247-248  
 phosphorus, 188-189  
 process, 55, 57-58  
 vitamin D, 285-286

**F****Factorial approach**

calcium, 6, 7, 48, 49, 102, 104, 105, 108, 109, 110-111  
phosphorus, 16, 40, 164-166, 168, 170, 172

**Fetal**

calcium needs, 117  
growth retardation, 234, 235-237  
sensitivity to nutrients, 60, 303-304

**Fiber. *See* Dietary fiber****Fluorhydroxyapatite**, 288**Fluoride**

absorption, 289, 291, 313  
adolescents, 295, 296, 303  
adults, 289, 293, 296, 301, 303  
AIs, 8, 14, 19, 40, 50, 298-300, 301-306  
balance studies, 289, 300-301, 304  
bioavailability, 291  
and bone mineral content, 38, 288, 300, 307, 310  
and caffeine, 291, 294

and calcification of tissues, 300, 307, 313  
and calcium, 288, 289, 290, 291  
children, 289, 290, 291-292, 293, 294-296, 298-299, 301, 303, 304, 305, 306, 308-309, 311-312

and dental caries, 8, 14, 19, 50, 288-289, 290, 297-300, 301, 302, 313

in dental products, 45, 291, 295-296, 300, 307, 311-312, 318

derivation of DRI, 8, 40, 50

in drinking water, 45, 291-292, 293, 295, 297-300, 301, 305, 307, 308, 310, 318

and enamel fluorosis, 298-299, 300-302, 305-307, 308-309, 311-313, 318

excretion, 289-290, 313

factors affecting nutrient requirement, 291

food sources, 291, 293-294

gender differences, 19, 303

and geographic differences, 298-300, 307-308

in human milk, 19, 291, 292, 301, 302, 305, 306, 311

indicators of nutrient requirements, 19, 40, 298-301

infants, 290, 293, 295, 300, 301-302, 304, 305-306, 309, 311, 312

intakes, 45, 291-296, 301, 306, 308

interactions with food components, 291

international comparisons, 298-300

lactation and, 12, 19, 305-306

life-stage group and, 19, 301-306

menopausal status and, 300

metabolism, 289-290, 305

and osteoporosis, 288, 300, 307

and osteosclerosis, 307, 308, 310

phosphate, 290

physiological role, 288-289

pregnancy and, 12, 19, 303-305

research recommendations, 14, 313

skeletal fluorosis, 307-308, 310-311

sources of, 45, 318

special considerations, 305-306, 311

supplements, 295, 298-299, 302, 304, 311-312

sustained release form, 288

toddlers, 293, 302-303, 309

toothpastes, 291, 295-296, 300

ULs, 13, 20, 68, 306-313, 318

uncertainty factor, 68, 310

young adults, 289

**Food additives**, 57, 154, 155, 180, 189

**Food and Agriculture Organization**, 22, 52, 319, 322

**Food composition databases**, 42-43

**Food sources**

calcium, 45, 47, 81-82

fluoride, 291, 293-294

magnesium, 193, 196, 199-200

phosphorus, 151-152, 155-156, 161, 173-174, 180, 181, 183-184, 189

vitamin D, 256-257, 261-262, 268, 269, 270, 271, 283, 284, 285-286

**Formulas, infant**

bioavailability of nutrients from, 32, 94-95, 96, 210

calcium, 94-96, 141

fluoride in, 291, 292, 293, 301-302, 306

magnesium, 210

phosphorus, 149, 152, 153, 155, 159, 161, 163, 183

special considerations, 163, 210, 265

vitamin D, 257, 262, 265, 266

**Fortified foods**, 4, 10-11, 12, 26, 28, 59, 143, 256, 261-262, 283, 284, 285-286, 318.

*See also* Formulas, infant

**Fracture. *See* Bone fracture**

**Fruits and vegetables**, 82, 193, 196, 199-200, 229

**G**

Gender differences. *See also* Men; Women  
 bone fracture rates, 90  
 bone mass, peak, 106-107  
 calcium, 44, 46, 81, 82, 99-100, 104, 106,  
   107, 109, 388-389  
 extrapolation between groups, 90-91  
 fluoride, 12, 19, 303  
 magnesium, 12, 17, 46, 196, 199, 214-  
   215, 216-231, 392-393  
 phosphorus, 46, 154, 155, 156, 168, 172-  
   173, 174-176, 390-391  
 puberty onset, 34  
 supplement intakes, 46, 82  
 vitamin D, 14, 256, 257, 269, 271, 272,  
   274

Geographic variables  
 fluoride, 298-300, 307-308  
 vitamin D, 14, 259, 264-267, 269-270,  
   271, 273, 274, 281, 284, 286  
 Glomerular filtration rate (GFR), 27, 149,  
   150, 160, 175, 184-185, 280, 289  
 Grain products, 73, 81-82, 152, 161, 173,  
   193, 195, 256  
 Growth  
   factors, 191  
   linear, 263-264, 283  
   magnesium and, 205-206  
   phosphorus and, 169-170, 172  
   velocity, 169-170, 172  
   vitamin D and, 263-264, 283

**H**

Hazard identification, 69  
 calcium, 134-137  
 components of, 62-64, 65  
 evaluation process, 55, 57, 63-64  
 fluoride, 306-308  
 magnesium, 242-244  
 phosphorus, 180-186  
 vitamin D, 277-281  
 Health Canada, 1  
 Height. *See* Reference weights and heights  
 Hispanics  
   blood pressure, 89  
   bone mineral content, 97  
   calcium, 89, 97  
   magnesium, 195-196  
   vitamin D, 260

Hormones, calcium-regulating, 181-184  
 Human milk. *See also* Breastfeeding;  
   Lactation  
   bioavailability of nutrients, 88  
   calcium, 15, 91-94  
   fluoride, 19, 291, 292, 301, 302, 305, 311  
   magnesium, 17, 208, 240  
   phosphorus, 16, 148, 149, 152, 153, 155,  
    160-163, 178, 183  
   vitamin D, 262, 263, 264, 265-266, 276-  
    277  
 Hydroxyapatite, 71, 147, 151, 153, 200, 288  
 25-Hydroxyvitamin D  
   AI indicator, 8, 18, 27, 50  
   and bone mass, 263-264, 273  
   and granulomatous diseases, 285  
   half-life, 254  
   and hypervitaminosis D, 277-278, 285  
   and hypovitaminosis D, 259-260, 263-277  
   lactation and, 276-277  
   and linear growth, 263-264  
   and magnesium, 192, 197  
   metabolism, 251, 253  
   normal range, 286-287  
   parathyroid hormone and, 259-260  
   placental transfer, 276  
   and pregnancy, 275-276  
   and puberty, 286  
 Hypercalcemia, 134, 136, 137, 138, 141, 182,  
   192, 255, 278, 280, 281-283, 284, 285  
 Hypercalciuria, 120, 135, 138, 140, 141, 255,  
   318  
 Hyperlipidemia, 247, 249  
 Hypermagnesemia, 192, 243-248  
 Hyperparathyroidism, 84, 136, 193, 258,  
   270, 273, 274, 278, 280  
 Hyperphosphatemia, 148, 151, 158, 180-189  
 Hypertension, 9  
   calcium intake and, 89-90, 144  
   magnesium and, 14, 199-200, 207, 234-  
    237, 244, 249  
   preeclampsia, 89-90, 234, 235-238, 244  
 Hypervitaminosis D, 184-185, 186, 256, 277-  
   287  
 Hypocalcemia, 96, 182, 183, 197, 239  
 Hypomagnesemia, 191, 193, 195, 197-203,  
   206, 235, 239, 249  
 Hypoparathyroidism, 193  
 Hypophosphatemia, 156-157, 158  
 Hypovitaminosis D, 253, 254, 257-258, 259,  
   263-264, 267, 271

**I**

- Immune system, 152, 157
- Indicators of nutrient adequacy. *See also specific indicators, nutrients, and life stages*
- deficiency-based, 8-9
  - methodological considerations, 39-40
  - risk reduction-based, 8-9, 40
- Infants, premature, 95, 122, 208, 236
- Infants, 0 to 12 months. *See also* Formulas, infant; Human milk
- accretion of nutrients, 161
  - ages 0 through 6 months, 32-33, 48, 93-94, 163, 209, 263-265, 301-302
  - ages 7 through 12 months, 33, 94, 161, 162-163, 209, 265-266, 302
- AI derivation for, 4, 5, 25, 26, 31-33, 40, 48, 91-96, 162-163, 209, 264-265, 266
- balance studies, 161, 208-209
- bone mass, 263-264
- breast-fed, 4, 5, 32, 48, 91-94, 160, 183, 208, 263
- calcium, 72, 91-96, 120, 122, 141, 183
- country comparison of groups, 29
- fluoride, 290, 293, 295, 300, 301-302, 304, 305, 306, 309, 311, 312
- formula-fed, 141, 265
- indicators used to set AIs, 160-161, 208-209, 263-266
- linear growth, 263-264
- low birth weight, 122, 235, 265
- magnesium, 206, 208-210, 234, 235, 236, 243, 246
- phosphorus, 32, 146, 148-149, 152, 153, 155, 157, 158-159, 160-163, 176-177, 183, 186-187
- sensitivity to nutrients, 60
- serum inorganic phosphorus, 160-161
- serum 25(OH)D, 263-266
- solid foods, 33, 94, 96, 141, 161, 162, 209
- ULs, 141, 187, 246, 283-284, 308-309
- vitamin D, 68, 259, 260, 262-266, 269-270, 275, 277, 283-284
- Insulin, 191, 232
- Interactions. *See* Nutrient-nutrient interactions
- International reference values
- comparison, by country, 28-31
  - fluoride comparisons, 298-300
  - generalizability of DRIs, 10

magnesium, 30, 209, 234-235

phosphorus, 30

Intracellular magnesium, 17, 203-204, 232, 234

Iron, 59, 61, 64, 66, 137, 140, 141, 142, 180-181, 189

**J**

Japanese-American women, 85, 200

Joint FAO/WHP Expert Commission on Food Additives, 56-57

**K**

Kinetic studies, 182-183

**L**

Lactation. *See also* Breastfeeding; Human milk

- adolescents, 133-134, 179, 180, 241
- balance studies, 17, 240-241
- biochemical and absorption studies, 124-125
- and bone fracture, 123, 126-127
- and bone loss, 122, 132-133
- and bone mineral density, 126-132
- and bone mineral mass, 15, 123, 126-127
- calcium and, 15, 122-134, 142
- derivation of DRIs for, 35
- fluoride and, 19, 305-306
- indicators used to set AIs, 123, 126-127, 276-277
- indicators used to set EARs, 178, 240-241
- magnesium and, 17, 240-242, 247
- phosphorus and, 16, 178-180, 188
- and serum inorganic phosphate, 178
- serum 25(OH)D, 276-277
- twins/multiple infants, 180, 242

ULs, 142, 188, 246-247, 285, 311

vitamin D, 18, 122-123, 276-277, 285

Lactose intolerance, 80, 260

Lean body mass, 17, 59-60, 170, 211, 217, 238, 316

Life-stage groups. *See also* Adolescents; Adults; Children; Infants; Toddlers

- Body Mass Index by, 36
- calcium, 15, 388-389
- categories, 31-35, 60

- and derivation of DRIs, 31-35  
 fluoride, 19, 301-306  
 intakes of nutrients by, 44  
 international comparisons, 28-30  
 magnesium DRIs by, 17, 208-242, 392-393  
 phosphorus, 16, 160-180, 390-391  
 vitamin D, 18, 263-277  
 weights and heights, reference, 35-37
- Liver failure, 99, 255
- Lowest-Observed-Adverse-Effect Level  
 calcium, 137-138, 140  
 defined, 57  
 identification of, 66  
 intake data and, 47  
 fluoride, 308-309, 310-311  
 magnesium, 244-245  
 phosphorus, 186-187  
 and UL derivation, 68  
 uncertainty factor, 67-68  
 vitamin D, 281-282, 283-284
- Lymphoma, 255, 278
- M**
- Magnesium  
 absorption, 192, 193-194, 195, 202, 210, 218, 238, 242-243, 245  
 accretion, 205-206, 211, 222, 238  
 adolescents, 194, 195, 206, 210-213, 214-215, 216-219, 240, 244-246, 268  
 adults, 194, 206, 207, 219-231, 244-246  
 AIs, 17, 209  
 and alcoholism, 191, 193, 200, 203, 204, 206, 207  
 aluminum and, 219, 243, 245  
 balance studies, 17, 40-41, 193, 204-205, 208-209, 211-212, 214-215, 218, 219-221, 223-227, 228, 229, 231, 234, 240-241, 245, 248  
 bioavailability, 193, 205, 210, 238  
 and blood pressure, 199-200  
 bone mineral content, 38, 200  
 and bone mineral density, 200, 201  
 calcium and, 135, 137, 142, 191, 194, 197, 200, 201, 213, 214-215, 225, 229, 239  
 cardiovascular effects, 14, 191, 197-200, 203, 204, 207, 222, 243, 247  
 children, 14, 30, 41, 196, 205-206, 210-213, 216, 246, 247-248, 316  
 country reference values compared, 30  
 critical endpoints, 244-245  
 data selection, 244  
 deficiency/depletion, 191, 193, 195, 197-203, 204, 206, 234, 235, 239-240  
 and diabetes mellitus, 14, 191, 200, 201-202, 203, 204, 207, 239-240  
 and diarrhea, 242, 243, 244-245, 318  
 dietary fiber and, 192, 193, 199, 219, 221, 223, 224, 226, 229  
 and 1,25-dihydroxyvitamin D, 192, 197  
 distribution and function, 190-191  
 dose-response relationship, 68, 244-247  
 EARs, 9, 17, 211, 212, 216-242  
 energy requirements and, 190, 205, 212, 316  
 epidemiological studies and meta-analysis, 198, 207-208  
 estimating requirements for, 202-208  
 estrogen and, 201  
 excretion, 193, 194, 202, 204, 206-207, 213, 233, 241, 242  
 exposure assessment, 247-248  
 factors affecting requirement, 193-195  
 food and water sources, 45, 193, 196, 198, 199-200, 207  
 gender differences, 17, 30, 193, 195-196, 199, 214-215, 216-232, 392-393  
 hazard identification, 242-244  
 in human milk, 17, 208, 240  
 and 25-hydroxyvitamin D, 192, 197  
 and hypertension, 14, 199-200, 207, 234, 235-237, 244, 249  
 indicators of nutrient adequacy, 9, 17, 202-209, 210-212, 219-221, 223-226, 228, 231-232, 234-238  
 in infant formulas, 209-210  
 infants, 206, 208-210, 234, 235, 236, 243, 246, 247  
 intakes, 43, 44, 45-46, 48, 193, 195-196, 207, 216, 217-218, 219, 220, 222, 223, 227, 229, 230-231, 233, 234, 235, 238, 239, 241-242, 248, 392-393  
 interactions with other nutrients, 191, 192, 193, 194-195, 197, 200, 214-215, 224, 239  
 international comparisons, 209, 234-235  
 intracellular, 17, 203-204, 232, 234  
 lactation and, 17, 20, 240-242, 247  
 and lean body mass, 17, 211, 217, 238, 316  
 by life-stage group, 17, 20, 208-242, 392-393

- and malabsorption syndromes, 191, 203  
and medicines, 193, 198, 205, 232, 242-  
244, 245, 247, 249, 318  
menopausal status and, 200, 201, 245  
metabolism, 192-193, 197, 202  
and neuromuscular disorders, 191, 197  
NOAELs/LOAELs, 244-245  
older adults (+70), 195, 200, 201-202,  
203, 204, 207, 231-234, 245  
and osteoporosis, 200-201, 207-208, 249  
oxalates and, 192, 223  
and parathyroid hormone, 193  
phosphorus and, 194  
physical activity and, 195  
and phytates/phytic acid, 194, 221  
and potassium, 191, 198, 200  
pregnancy, 234-240, 244, 247  
protein and, 194-195, 212, 213, 215, 217,  
218, 221, 223, 224, 226, 229  
race/ethnicity and, 195-196, 200  
RDAs, 9, 17, 211, 216, 218, 219, 223,  
228, 231, 233-234, 239, 241, 316  
and renal function/failure, 191, 193,  
201-202, 207, 227, 230, 243, 247  
research recommendations, 14, 248-249  
risk characterization, 248  
serum, 200, 202-203, 204, 234  
and skeletal growth, 200-201  
sodium and, 190-191, 192, 194  
special populations, 195, 239-240, 242,  
247  
supplements, 45-46, 195, 196, 199, 201,  
205, 206-207, 219, 235-237, 238, 243,  
244, 246, 247-248  
toddlers, 210-212, 213, 216, 246  
tolerance tests, 203, 206-207, 231-233,  
234-235  
ULs, 13, 20, 68, 242-248, 317, 318-319  
uncertainty assessment, 68, 233, 245  
and vitamin D, 192, 197  
weights and heights and, 316  
and zinc, 214  
Malabsorption disorders, 191, 203, 255  
Malnutrition, 84, 120, 311  
Medications, interaction with nutrients, 148,  
193, 198, 232, 242-244, 245, 247, 248,  
275, 278  
Men. *See also* Gender differences  
balance studies, 111-112, 219-221, 223-  
226, 228  
calcium, 111-112, 135  
indicators used to set EARs, 219-221,  
223-226, 228  
magnesium, 13, 41, 219-227, 228-232,  
vitamin D, 272  
Menarche. *See* Puberty/pubertal  
development  
Menopausal status  
and bone mass, 76, 86  
and bone mineral density, 113-114  
caffeine impacts, 76  
calcium and, 72, 75, 76, 77-80, 83, 86,  
109-110, 112-114  
and fluoride, 300  
and magnesium, 200, 201, 245  
and osteoporosis, 83, 84  
sodium impacts, 75  
vegetarian diets, 80-81  
and vitamin D, 269, 272  
Metabolism of nutrients  
calcium, 259, 261  
fluoride, 289-290  
magnesium, 192-193, 197, 202  
phosphorus, 147-148  
vitamin D, 250-255  
Methodological considerations. *See also* Data  
and data-base issues; Indicators of  
nutrient adequacy  
in balance studies, 40-41, 42, 50, 88, 211  
concordance between observational and  
experimental data, 50, 91  
data sources, 39-40  
epidemiological evidence, 198  
extrapolation from absorbed intake to  
ingested intake, 173  
extrapolation from animal studies, 54,  
57, 62-63, 66-67, 69, 383, 384  
extrapolation from one gender group to  
another, 90-91, 104, 109  
extrapolation from other age groups, 69,  
171, 172, 212, 213, 216, 267-268  
factorial approach, 40, 110-111  
in intracellular magnesium studies, 232  
longitudinal data, 50, 86, 91  
in nutrient intake estimates, 42-43, 86  
in risk assessment, 54, 383-386  
in tolerance tests, 207, 233  
Mexican Americans, 82, 260  
Milk. *See* Dairy products; Formulas, infant;  
Human milk  
Milk-alkali syndrome, 134, 136-137, 138,  
139, 140-141  
Myocardial infarction, 198-199, 281

**N**

- National Caries Program, 297-298  
 National Health and Nutrition Examination Survey I, 202  
 National Health and Nutrition Examination Survey II, 43, 162, 256  
 National Health and Nutrition Examination Survey III, 35, 36, 43, 81, 154, 195  
 National Health Interview Survey, 45, 82, 295  
 National Heart, Lung, and Blood Institute, 1, 379  
 National Institute of Dental Research, 297-298  
 National Research Council, 53, 319, 385  
 Nephrocalcinosis, 136, 280, 281  
 Nephrolithiasis (kidney stones), 68, 134-136, 138, 140, 145, 280  
 Neuromuscular disorders, 191, 197  
 No-Observed-Adverse-Effect Level (NOAEL)  
     calcium, 137-138, 140  
     defined, 57  
     fluoride, 308-309, 310  
     identification of, 66  
     intake data and, 47  
     magnesium, 244-245  
     phosphorus, 186-187  
     and UL derivation, 68  
     uncertainty factor, 67-68  
     vitamin D, 281-282, 283-284  
 Nursing homes, 273, 322-323  
 Nutrient intakes. *See also* Dietary intakes; *specific nutrients*  
     calculation of, 43  
     gender differences, 43-45  
     inadequate, prevalence of, 319, 320  
     increasing, strategies for, 10-12, 28, 323  
     by life stage group, 43, 44  
     methodological considerations, 42-43,  
     86  
     quality of data, 42-43  
     from supplements, 45-46  
 Nutrient-nutrient interactions. *See* Calcium  
     interactions; *specific entries under other nutrients*  
     and bioavailability, 61  
     in bone metabolism, 38-39  
     enhancement with unfortified foods, 11-12, 28  
     research recommendations, 145  
 Nutrition Canada Survey, 36

- Nutrition During Lactation*, 32, 33  
 Nutritional status, and bioavailability of  
     nutrients, 61

**O**

- Older adults. *See* Adults, 70+ years  
 Osteomalacia, 8, 50, 157, 258, 269, 274  
 Osteopenia, 83, 275  
 Osteoporosis, 379  
     boron status and, 39  
     calcium and, 9, 47-48, 76, 82, 83, 113,  
     115, 138, 144  
     defined, 83  
     fluoride and, 288, 300, 307  
     phosphorus and, 186  
     magnesium and, 200-201, 207-208, 248  
     menopausal status and, 83  
     protein and, 76  
     vitamin D and, 14, 274, 280  
 Osteosclerosis, 307, 308, 310  
 Oxalic acid/oxalates, 73, 80, 135, 138, 192,  
     223

**P**

- Parathyroid hormone (PTH)  
     calcium and, 72, 73, 75, 82-83, 117, 120,  
     132  
     magnesium and, 193  
     phosphorus and, 148, 151, 160-161, 178  
     vitamin D and, 252, 253, 254, 258, 259-  
     260, 262, 264, 266, 269, 272, 274, 287  
 Phosphorus. *See also* Hyperphosphatemia;  
     Hypophosphatemia  
     absorption, 147-148, 151, 154, 165, 168,  
     171, 172, 173, 175, 176-177, 181  
     accretion, 153, 161, 164-166, 169-171,  
     172  
     adolescents, 154, 159, 165, 169-173, 177-  
     178, 179, 180, 184-185, 186, 187-189,  
     321  
     adults, 148-149, 153, 154, 156, 173-176,  
     177-180, 186-187, 188-189  
     AIs, 16, 160, 162-163  
     balance studies, 9, 40, 154, 158, 161,  
     164, 166-167, 168, 169, 171, 176-177  
     bioavailability, 151-152, 153  
     bone mineral content, 38, 68, 146, 151,  
     153, 161, 163, 164, 170, 189

- and calcium, 61, 135, 147, 148, 151, 152-154, 156, 158, 160-161, 174, 176, 178, 180, 181-184, 185-186  
children, 30, 31, 149, 156, 158-159, 164, 166-169, 186, 187  
and copper, 180-181, 189  
country reference values compared, 30, 31  
criteria for deriving, 16, 40  
critical endpoint, 186-187  
data on, 68, 167, 169, 175  
deficiency/depletion, 156-157  
and 1,25-dihydroxyvitamin D, 147-148, 151, 176, 181  
dose-response assessment, 68, 186-188  
EARs, 9, 16, 166, 168, 170, 172, 174-176, 177-179  
estimating requirements for, 158-159  
excretion, 32, 148, 149, 165, 166, 168, 170-171, 179  
exposure assessment, 188-189  
extrapolation of DRIs to other ages, 16  
factorial approach, 16, 40, 164-166, 168, 170, 172  
factors affecting requirement, 151-154  
food and water sources, 45, 151-152, 155-156, 161, 173-174, 180, 181, 183-184, 189  
gender differences, 30, 31, 154, 155, 156, 168, 172-173, 174-176, 321, 390-391  
hazard identification, 180-186  
in human milk, 12, 16, 148, 149, 152, 153, 155, 160-163, 178, 183  
and immune system, 152, 157  
indicators of nutrient adequacy, 9, 158-159, 160-162, 164-168, 169-172, 173-174, 176-177, 178  
infants, 32, 146, 148-149, 152, 153, 155, 157, 158-159, 160-163, 176-177, 183, 186-187  
intakes, 43, 44, 45-46, 154-156, 166, 168, 172, 174-176, 177-178, 180, 184, 188-189, 321-323, 390-391  
interactions with other nutrients, 68, 148, 152-154, 157, 180-181, 189, 194  
and iron, 180-181, 189  
lactation and, 12, 16, 178-180, 188  
by life-stage group, 16, 20, 160-180, 390-391  
magnesium and, 194  
and medicines, 148  
metabolism, 147-148  
and metastatic calcification, 180, 183, 184-185, 187  
NOAEL/LOAEL, 186-187  
older adults (70+), 154, 175-176, 188  
and parathyroid hormone, 148, 151, 160-161, 178  
physiological distribution and role, 146-147  
and phytic acid/phytate, 152, 161, 173  
pregnancy and, 12, 16, 176-178, 188  
race/ethnicity and, 149, 183-184  
RDAs, 9, 16, 166, 169, 172-173, 175, 176, 177-179, 316  
renal disease and, 151, 184-185, 186, 188  
research recommendations, 189  
risk characterization, 189  
and serum inorganic phosphate, 16, 148-151, 157, 158-159, 160-161, 162, 163, 171-172, 173-174, 178, 180, 181  
and skeletal porosity, 180, 181-182, 185  
special considerations, 163, 178, 180, 188  
supplements, 45, 156, 189  
toddlers, 164-166, 187  
ULs, 13, 20, 68, 180-189, 318, 321-322  
uncertainty factor, 68, 155  
vitamin D and, 38, 184-185, 186  
and zinc, 137, 171, 180-181, 189
- Physical activity  
amenorrheic women, 76  
and bone mass, 88  
calcium and, 74-75, 76, 144  
and energy intakes, 28  
magnesium and, 195  
research recommendations, 144  
and skeletal health, 74-75
- Phytic acid and phytate, 73, 80, 152, 161, 173, 194, 221
- Population Reference Intake, 29
- Potassium, 191, 198, 200
- Pregnancy. *See also* Lactation  
adolescents, 122, 177, 178, 239, 240, 276  
balance studies, 120, 176-177  
and bone fracture, 121  
and bone mineral density, 120-121, 122  
and bone mineral mass, 15, 120-121  
and calcium, 12, 15, 20, 72, 89-90, 117, 120-122, 142, 176  
derivation of DRIs for, 15, 35

- and 1,25-dihydroxyvitamin D, 176  
 EARs, 177-178, 238-239  
 fluoride, 19, 20, 303-305  
 and gestational diabetes, 235, 239-240  
 hypertension, 85, 234, 235-238, 244  
 indicators used to set AIs, 120-121, 275-276  
 indicators used to set EARs, 176-177, 234-238  
 intakes of nutrients, 177-178  
 kinetic studies, 120  
 and magnesium, 17, 20, 234-240, 244, 247  
 multiple fetuses, 178, 240  
 number and spacing, 121, 127-128  
 outcome studies, 234-238  
 and phosphorus, 12, 16, 20, 176-178, 188  
 preeclampsia, 89-90, 235-238  
 preterm labor and delivery, 234, 235-238, 244  
 and serum 25(OH)D, 275-276  
 supplements during, 89-90, 235-237, 238  
 ULs, 13, 20, 142, 188, 247, 285, 311  
 vitamin D, 12, 18, 20, 120, 263, 275-276, 285
- Processed and refined foods, 196. *See also* Food additives
- Prostate cancer, 13, 144, 258
- Protein, dietary
- calcium interaction, 61, 75-76, 135, 144
  - magnesium and, 194-195, 212, 215, 217, 218, 221, 223, 224, 226, 229
- Puberty/pubertal development. *See also* Adolescents
- age at onset, 34
  - calcium and, 14, 49, 72, 99-100, 102, 141
  - magnesium and 217
  - racial/ethnic differences, 34, 36-37
  - vitamin D and, 14, 268, 269, 286
- R**
- Race/ethnicity
- and bioavailability of nutrients, 47-48
  - and bone fracture, 73, 84-85
  - and calcium, 73, 82, 89, 144
  - and dietary intakes, 47-48
  - and magnesium, 195-196, 200
  - osteoporosis, 83, 144
  - and phosphorus, 149, 183-184
  - research recommendations, 14, 144
- and vitamin D, 14, 260, 263, 269-270
- Recommended Daily Nutrient Intake, 29
- Recommended Dietary Allowance (RDA)
- for adolescents, 172-173, 177-179, 218, 239, 241
  - for adults, 175, 176, 177-179, 223, 231, 233-234, 239, 241
- AIs compared, 5-8, 26
- applicable population, 22
- for children, 169, 216, 316
- coefficient of variation, 23-25, 216, 218
- country comparisons, 29
- criteria used to derive, 12, 16
- defined, 3, 6, 23, 24, 315
- derivation, 3-4, 23-25, 26
- EAR and, 3, 3-4, 23-25, 26
- increasing consumption of nutrients, 10-12, 28
- gender differences, 17
- for lactation, 16, 17, 178-179, 241
- magnesium, 17, 211, 216, 218, 219, 223, 228, 231, 233-234, 239, 241, 316
- phosphorus, 16, 166, 169, 172-173, 175, 176, 177-179, 316
- for pregnancy, 16, 17, 177-178, 239
- replacement with DRIs, 314
- for toddlers, 166, 216
- uses, 2, 4, 5, 10, 11, 315-317, 323
- Recommended Nutrient Intakes (RNI), 29, 32, 376, 377
- Reference Nutrient Intake (RNI), 29
- Reference weights and heights, 35-37, 212, 216, 302-303, 309, 316
- Renal disease/failure/insufficiency, 60, 280
- calcium and, 13, 99, 134-137, 142
  - magnesium and, 191, 193, 201-202, 207, 227, 230, 243, 247
  - phosphorus and, 151, 184-185, 186, 188
  - vitamin D, 280
- Requirement, defined, 21
- Research recommendations
- balance studies, 144-145
  - bone mineral accretion, 14, 189
  - calcium, 13, 144-145
  - children, 14
  - dietary intakes, 14
  - disease outcomes, 13-14
  - epidemiological, 13
  - fluoride, 14, 313
  - food additives, 189
  - geographical and racial variables, 14
  - interactions between nutrients, 145, 189

- magnesium, 14, 248  
methodologies related to disease outcomes, 14  
phosphorus, 189  
sunscreens, 14  
vitamin D, 14, 286-287
- Rickets, 8, 50, 157, 254, 257-258, 259, 260, 263, 264-265, 277
- Risk, defined, 69
- Risk assessment, defined, 53, 69
- Risk assessment models. *See also UL modeling*  
application to nutrients, 13, 58-62  
basic concepts, 53-54  
bioavailability considerations, 59, 60-62, 66  
and food safety, 53-58  
nutrient interactions, 61  
process, 54-56  
sensitivity of individuals, 59-60  
thresholds, 56-58  
uncertainties, 54, 57, 58
- Risk characterization  
calcium, 143  
defined, 53, 69  
fluoride, 312-313  
intake data and, 143  
magnesium, 247-248  
phosphorus, 189  
process, 55-56, 57-58  
vitamin D, 286
- Risk management, 53-54, 56, 70
- S**
- Seizures, 197, 275
- Selenium, 58
- Sensitive subpopulations. *See Special considerations*
- Serum  
calcitrol, 183  
1,25-dihydroxyvitamin D, 260  
inorganic phosphate, 16, 148-151, 157, 158-159, 160-161, 162, 163, 171-172, 173-174, 178, 180, 181  
magnesium, 200, 202-203, 204, 234  
 $25(\text{OH})\text{D}$ , 259-260, 263-264, 265-267, 268, 269-270, 271, 273-274, 275-277  
vitamin D, 260
- Skeletal health. *See also Bone; Osteoporosis*  
fluorosis, 307-308, 310-311, 312
- magnesium and, 200-201  
phosphorus and, 180, 181-182, 185  
porosity, 180, 181-182, 185, 258  
vitamin D and, 257-258, 260-261, 262-264
- Skin melanin production, 256, 260, 261, 267
- Smoking, 88
- Sodium, 48, 61, 75, 138, 144, 190-191, 192, 194
- Sodium chloride, 75, 192
- Soft drinks, 156, 173-174, 180, 183-184, 291, 293-294
- Special considerations  
adolescent pregnancies, 114, 178, 240  
breastfeeding twins, 132-133  
calcium, 142-143  
closely spaced pregnancies, 127-128  
diabetes mellitus, 239-240  
elderly people, 255  
formula-fed infants, 163, 209-210, 265  
fluoride, 305-306, 311  
granulomatous diseases, 285  
identification of, 64-65  
lactating adolescents, 180  
magnesium, 195, 210, 239-240, 247  
medications, 275  
multiple infants/births, 178, 180, 240, 242  
phosphorus-related, 163, 178, 180, 188  
populations with high energy expenditures, 188  
renal impairment, 247  
vitamin D and, 255, 265, 275, 285
- Sprue, 255
- Steroid hormone metabolism, 39
- Submariners, 270, 271
- Sunlight/sun exposure, and vitamin D, 45, 50, 250, 252, 253-254, 255-256, 260, 262-276, 284, 285, 286
- Sunscreen, 256, 261, 271, 286
- Supplements, dietary  
bioavailability of nutrients, 22, 62, 74  
calcium, 45-46, 74, 77-80, 82, 86, 89, 97-98, 102, 110, 112, 114, 116, 120-121, 123, 126, 130-131, 134, 135, 137, 138, 143, 213, 318, 324  
children, 46, 82  
data sources on intakes, 45-46  
doses, 196, 302  
fluoride, 295, 298-299, 302, 304, 311-312

- gender differences in use, 46, 82, 142  
 lactation and, 123, 126  
 magnesium, 45-46, 195, 196, 199, 201, 205, 206-207, 219, 235-237, 238, 243, 244, 246, 247-248  
 menopausal status and, 77-80, 86  
 phosphorus, 45-46, 156, 189  
 pregnancy and, 235-237  
 ULs and, 4-5, 26, 46, 59  
 usefulness of, 11, 12, 28  
 vitamin D, 45-46, 255, 257, 262, 264, 267, 268, 271-272, 274-277, 281-283, 286, 318
- Surgeon General's Report on Nutrition and Health*, 40
- T**
- Tea, fluoride in, 293-294, 300  
 Tetany, 197, 247  
 Thyrotoxicosis, 278  
 Toddlers, ages 1 through 3 years, 33, 46. *See also Children*  
 AIs, 267-268  
 bone formation, 284-285  
 calcium, 96-98  
 fluoride, 293, 302-303, 309  
 indicators used to set AIs, 266-267  
 indicators used to set EARs, 164-166, 210-212  
 magnesium, 210-212, 213, 216, 246  
 phosphorus, 164-166, 187  
 ULs, 141-142, 187, 246, 284-285, 308-309  
 vitamin D, 266-268, 284-285
- Tolerable, defined, 26, 52  
 Tolerable Upper Intake Levels (ULs), 1, 17, 32. *See also UL modeling*  
 calcium, 13, 20, 68, 134-143, 318  
 defined, 4, 6, 24, 26, 51-52, 55, 70, 186, 315  
 derivation of, 68-69, 246, 282-283, 284, 310-311  
 fluoride, 68, 306-313, 318  
 magnesium, 13, 20, 68, 242-248, 317, 318-319  
 phosphorus, 13, 20, 68, 180-189, 318  
 selection of, 68  
 supplement use and, 4-5, 26, 46  
 uses, 4-5, 11, 26, 317-319  
 vitamin D, 13, 20, 68, 277-286, 318
- Tolerance tests, magnesium, 203, 206-207, 231-233, 234-235  
 Toothpastes, 291, 295-296, 300  
 Total Diet Study, 154, 196  
 Toxicity, mechanisms of action, 64  
*Trace elements in Human Nutrition and Health*, 22, 25 n.2, 52, 319  
 Twins/multiple births, 178
- U**
- UL modeling. *See also Dose-response assessment; Risk assessment models*  
 calcium, 134-143  
 critical endpoint, 66, 137-138, 140, 244-245, 310  
 data selection, 65-66, 137-138, 244  
 dose-response assessment, 55, 57, 65-69, 137-143, 244-247, 281-285, 308-311  
 exposure assessment, 55, 57-58, 143, 188-189, 247-248, 285-286, 311-312  
 fluoride, 306-312  
 hazard identification, 55, 57, 62-64, 69, 134-137, 180-186, 242-244, 277-281, 306-308  
 magnesium, 242-248  
 NOAEL or LOAEL, 47, 66, 69, 137-138, 140, 244-245, 308-309  
 phosphorus, 180-189  
 selection of UL, 68, 137-138  
 uncertainty assessment, 66, 140, 245, 317  
 vitamin D, 278-286
- Uncertainties  
 in AIs, 317  
 approaches for dealing with, 383-386  
 assessment, 66, 140, 245, 317  
 for calcium, 68, 91, 109, 110-111  
 in data, 54, 58  
 dose-response assessment, 66-68, 140, 187, 245, 282, 284  
 for fluoride, 68  
 inferences from experimental animal studies, 54, 57, 62-63, 66-67  
 for magnesium, 68, 233, 245  
 options for dealing with, 383-386  
 for phosphorus, 68, 155  
 in risk assessment, 54, 57, 58, 66, 383-386  
 for vitamin D, 68, 281, 282, 284
- Uncertainty Factor (UF), 57, 58, 66-68, 70, 140, 282, 309, 310

U.S. Army Medical Research and Materiel Command, 1  
U.S. Department of Agriculture, 1, 42, 43, 81, 379  
U.S. Department of Health and Human Services, 2, 43  
U.S. Environmental Protection Agency, 385  
U.S. Food and Drug Administration, 1, 154, 196, 304, 379

## V

Vegetarian diets, 80-81, 267, 270  
Vitamin A, 139  
Vitamin C, 38  
Vitamin D. *See also* 1,25-Dihydroxyvitamin D;  
    25-Hydroxyvitamin D  
absorption, 253-255  
adolescents, 262, 268-269, 276, 277, 284-285, 286  
adults, 257, 259, 262, 269-272, 276, 277  
AIs, 8, 14, 18, 27, 50, 261-263, 264-265, 266, 267-268, 269, 271, 272, 274, 276, 277  
blood and urinary parameters, 279  
and bone fracture, 8, 27, 50, 116, 260, 273, 274  
and bone mass, 259, 263-264, 271-272, 278  
and bone metabolism, 254, 257-258, 284-285  
and bone mineral content, 260, 266  
and bone mineral density, 14, 260, 261, 264, 271-272, 274  
calcium and, 14, 27, 38, 39, 116, 250-253, 254, 255, 258-263, 264, 265, 273, 274, 275, 278, 281-282, 285, 286, 287  
and cancer, 258  
cardiovascular effects, 281  
children, 16, 40-41, 257-258, 259, 260, 262-263, 266-268, 284-285  
critical endpoints, 68, 281-282, 283-284  
data sources, 43-46, 281, 283  
deficiency, 8, 27, 50, 253, 254, 257-258, 259, 263-264, 267, 271  
dose-response assessment, 68, 281-285  
estimating requirements for, 259-263  
excretion, 253-255  
exposure assessment, 285-286  
factors affecting requirements, 255  
food sources, 256-257, 261-262, 268, 269, 270, 271, 283, 284, 285-286  
function, 250-253  
gender differences, 43-45, 256, 257, 269, 271, 272, 274  
geographic location and, 14, 259, 264-267, 269-270, 271, 273, 274, 281, 284, 286  
and granulomatous diseases, 255, 285  
hazard identification, 277-281  
in human milk, 263, 262, 264, 265-266, 276-277  
and hypercalcemia, 278, 280, 281-283, 284, 285  
and hyperparathyroidism, 258, 270, 273, 274, 278, 280  
indicators of nutrient adequacy, 18, 27, 50, 259-261, 263-264, 265-267, 268, 269-270, 271-272, 273-274, 275-277  
infants, 68, 259, 260, 262-266, 269-270, 275, 277, 283-284  
intakes, 14, 27, 43-46, 50, 253, 255, 256, 257, 261-262, 267-268, 275, 285-286, 318  
interaction with other nutrients, 192, 193, 197  
intoxication, 184-185, 186, 256, 277-287  
lactation and, 12, 18, 276-277, 285  
life-stage group and, 18, 43-45, 263-277  
and linear growth, 263-264, 283  
magnesium and, 192, 197  
malabsorption disorders, 255  
medications and, 275, 278  
menopausal status and, 269, 272  
and metabolic bone disease, 259  
metabolism, 250-255  
NOAEL/LOAELs, 281-282, 283-284  
older adults, 116, 255, 273-274, 287  
and osteomalacia, 8, 50, 258, 269, 274  
and osteopenia, 275  
and osteoporosis, 14, 27, 274, 280  
and parathyroid hormone, 252, 253, 254, 258, 259-260, 262, 264, 266, 269, 272, 274, 287  
phosphorus and, 38, 184-185, 186, 250, 253, 254, 258, 260, 265  
pregnancy and, 12, 18, 117, 263, 275-276, 285  
puberty and, 268, 269, 286  
race/ethnicity and, 260, 263, 269-270  
receptor polymorphisms, 14

- and renal disease, 280  
 research recommendations, 14, 286-287  
 and rickets, 8, 50, 254, 257-258, 259,  
     260, 263, 264-265, 277  
 risk characterization, 286  
 safety factor, 8, 50  
 serum, 260  
 and skeletal health, 257-258, 260-261,  
     262-264  
 special considerations, 255, 265, 275,  
     285  
 submariners, 270, 271  
 sun exposure and, 45, 50, 250, 252, 253-  
     254, 255-256, 260, 262-276, 284, 285,  
     286  
 sunscreen and, 14, 256, 261, 271, 286  
 supplements, 45-46, 255, 257, 262, 264,  
     267, 268, 271-272, 274-277, 281-283,  
     286, 318  
 toddlers, 266-268, 284-285  
 ULs, 13, 20, 68, 277-286, 318  
 uncertainty and uncertainty factors, 68,  
     281, 282, 284  
 vegetarians, 267, 270  
 Vitamin E, 139  
 Vitamin K, 38-39, 60

**W**

- Water. *See* Drinking water  
 Weight. *See* Reference weights and heights

- Weight-bearing practices, 42, 68  
 Women. *See also* Gender differences;  
     Lactation; Menopausal status;  
     Pregnancy  
 amenorrheic, 76  
 balance studies, 220, 221, 225, 226  
 calcium, 72, 75, 109-110, 111-114, 135,  
     143  
 fluoride, 301-306  
 indicators used to set AIs, 111-114  
 indicators used to set EARs, 221, 226  
 intakes of nutrients, 43-45  
 magnesium, 30, 220, 222-223, 225, 227,  
     230-231, 233  
 phosphorus, 30, 31, 155, 316, 321, 322-  
     323  
 vitamin D, 43-45, 256, 272, 273  
 World Health Organization, 22, 52, 83, 319,  
     322

**Y**

- Young adults. *See* Adults, 19 through 30  
 years

**Z**

- Zinc, 38, 59, 137, 140, 141, 142, 171, 180-  
     181, 189, 214  
 Zinc oxide, 53